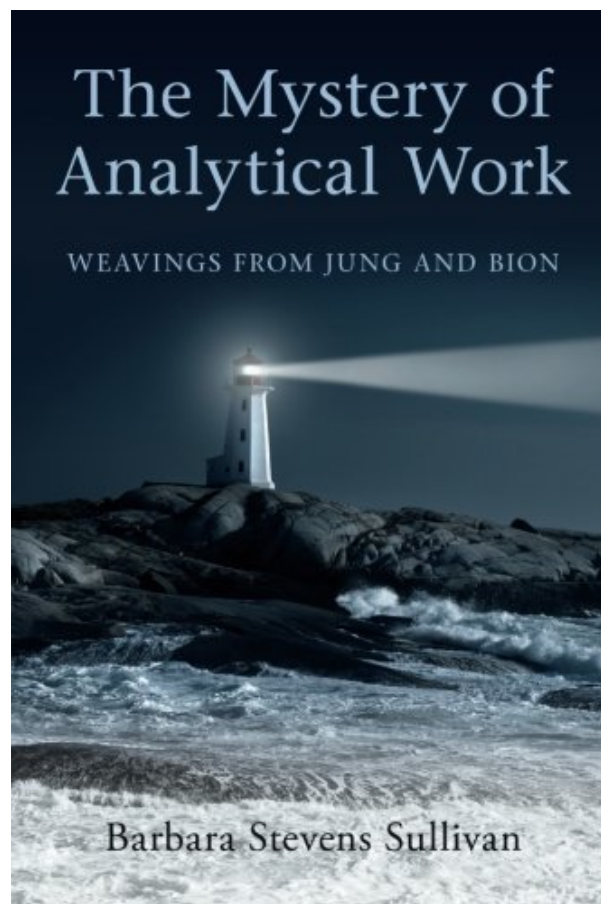


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WEAVINGS FROM JUNG AND BION BY  
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# The Mystery of Analytical Work

WEAVINGS FROM JUNG AND BION



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## Review

"This is a marvellously integrative work. The author is a widely read Jungian analyst who has created bridges between depth psychology and Wilfred Bion's contributions as well as contextualizing each of them in the matrix of relatedness, extending the currently evolving two-person model of the analytic situation. Relatedness, she shows, is the sine qua non of being alive and consequently the real key to how analysis works. Analyst and analysand are both "patients" in the presence of emotions and the (unequal) effect of them upon each other. I recommend this book to all mental health professionals." – James Grotstein, Supervising Analyst, Psychoanalytic Center of California and New Center for Psychoanalysis, Los Angeles, USA

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#### About the Author

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This book provides an exploration of the clinical practice of psychoanalysis and analytical psychology. It explores the ways psychoanalysts and other clinicians are taught to evade direct emotional connections with their patients. Sullivan, suggesting that relatedness is the basis of emotional health, examines the universal struggle between socially oriented energies that struggle toward truth and narcissistic impulses that push us to take refuge in lies. She maintains that, rather than making interpretations, it is the clinician's capacity to bring relatedness to the clinical encounter which is the crucial factor.

Examining the work of both Jung and Bion, Sullivan draws on the overlap between their ideas on the psyche and the nature of the unconscious. The book uses clinical examples to examine the implications that these perspectives have for the practising therapist.

Specific areas of discussion include:

- the creative unconscious
- the structure of narcissism
- transformation in analytic work.

New modes of listening and relating that deepen analytic work and greatly facilitate transformative changes are described in easy-to-follow language that will help the therapist to find new approaches to a wide range of patients. The *Mystery of Analytical Work* will be of interest to Jungians, psychoanalysts and all those with an interest in analytic work.

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9 of 9 people found the following review helpful.

The Real Deal - engaging and useful

By Don Fineberg

If you are serious about analytic psychology, read on. and, Don't stop until you have finished Barbara Sullivan's book. As a traditionally trained psychiatrist with 35 years experience, there are a handful of books I invite advanced trainees to read. This book has been added to the list. Here's why: The works of Jung and Bion can for most therapists remain engaging but confusing. This book lays both a clinical and theoretical foundation for these groundbreaking thinkers. It encourages the readers to make the ideas their own and to apply them in the service of their patients. The book has the right balance of clinical examples to engage anyone who embraces therapy as an exploration rather than a quick fix. I have read the book, discussed it with colleagues, applied it in my practice and most important, deepened the process of the therapy in which my patients and I participate.

3 of 3 people found the following review helpful.

A "Must Read" in the Jungian literature

By Clell Harrison

I chose this book as I was experiencing more than a mystery of psychic energy, but an uncomfortable edge of what seemed to be 'psychic fog'. I didn't go for analysis but I did read a lot of books and was certainly interested in the Jungian works. This book opened a wide field of interest that eventually led me to the rich material of Bion, Kohut, Kalsched, and on to Buddha and mindfulness, and finally the rise of brain research and neuro-science. Sullivan stresses that relatedness is the basis for emotional health but also exposes one to being wounded. The book is rich in Jungian related information; clearly written with well defined chapters. Sullivan displayed her emotional vulnerability and courage. A must read for Jungian readers who may not be able to afford an analyst or who may never have found an emotionally "honest" analyst.

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